

Work-Life solutions

Get the everyday help you need

Just call your ComPsych® GuidanceResources® toll-free number or log on to guidanceresources.com to reach a Work-Life Specialist. They will research your question and find the answers. If they can't provide an immediate answer, they'll send you a complete packet of practical information, including maps, referrals, articles on your topic, estimated costs, and much more, in just a few business days. The materials can be delivered to you via email or, if you prefer, second-day air.

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GuidanceResources gives you someone to talk to for any of life's challenges, big or small.

How can we help you?



Finding child or elder care



Housing searches



Seeking financial assistance



Locating pet care



Sending a child off to school



Planning a major project or event

Easy Access

Call 888-969-0155 to speak to a GuidanceConsultantSM who will guide you to the appropriate services.

Online scheduling: log on to guidanceresources.com using your organization's Web ID.



Live Assistance

Call: 888-969-0155
App: GuidanceNowSM
Online: guidanceresources.com

TRS: Dial 711
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